Happy news for everyone: Stemtech’s ST-5 with MigraStem™ now offers added nutrition and fiber, an extra smooth feeling in your mouth and fewer calories than before. What’s more, the improved formula for ST-5 does not contain soy.

Reflecting Stemtech’s drive for innovation and forward momentum, as well as our recognition of the value of your feedback, ST-5 with MigraStem now comes to you with an improved formula. The new ST-5 formula we introduce this month is just one more proof that we at Stemtech are continuing the pursuit of evolution and advancement in stem cell nutrition—the innovation which we first pioneered in the marketplace in 2005.

With a new, extra-smooth texture, ST-5 now provides more nutrition and a better overall taste, even as each serving contains 40 percent fewer calories, 50 percent less fat, and a lower total count of carbohydrates and sugar. Our talented Chief Science Officer Christian Drapau explains, “MigraStem is a proprietary blend of more than 30 all-natural ingredients, including goji extract, fucoidan (from brown seaweed), colostrum and three types of mushrooms (lion’s mane, cordyceps and reishi). This exclusive blend of ingredients has been shown to support the migration of circulating stem cells into tissues in need, where they transform themselves into healthy new cells.” Christian says that dedicated scientists developed the new formula for ST-5, making this powerful supplement even more beneficial and pleasant-tasting.

In addition to the nutrients, antioxidants and fiber that provide many health benefits and support the migration of adult stem cells into tissues, ST-5 is a great source of vitamins A, B, C, D and E, and calcium, magnesium and zinc. Taken daily along with StemEnhance® and StemFlo®, ST-5 with MigraStem gives your body the ideal nutritional supplement it needs each day to support optimal health.

The “5” in ST-5 with MigraStem is derived from the five key features of this extraordinary supplement.

- Supports the ability of your body’s stem cells to migrate into tissues
- Gives you balanced, sustained energy
- Supplies vitamins & minerals for overall good health
- Provides satisfying protein and fiber
- Offers low-calorie support for healthy muscle and body-fat
Ray’s Message

Five years and counting! This year we pay tribute to the milestones of our past, as we eagerly anticipate the opportunities that lie ahead. We are all looking forward to celebrating both our fifth year in business and our first Americas Regional Convention in Irvine, August 4-7.

Racers all around the world are at full throttle for the last weeks of the Stemtech Amazing Race Convention Contest (S.T.A.R.). Excited Distributors are competing for the four Grand Prizes in cash and Convention subsidies, as they also grow their businesses at a breakneck pace. Find out who will take home the American Grand Prize at this year’s Convention. Don’t miss the excitement!

As you see in our cover story and on page 6, we are introducing two great product improvements this month — to ST-5 with MigraStem™ and to StemFlo®. Once again, Stemtech demonstrates that we are on the cutting-edge of science and that we value your feedback!

In the last few weeks, our new Vice President of North American Markets, Don Karn, has been hard at work here at corporate, taking the reins of the North American Region. From the outset, Don has assumed a leadership role that will help Stemtech reach the next level of performance. He is working with our new Director of Sales for Canada, Colleen Edwards, and with Cy Nelson and the rest of the Sales & Marketing team. Reception in the Field to our new executive team members has been electric; and we are more excited than ever about the future of our company!

Our thanks to Bryan Noar, our former Director of Sales & Market-

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Top Enrollers of Business Builders

**FEBRUARY, 2011**

1. David Constanse Paredes, Florida
2. *Mel Young*, Arizona
3. Thomas Martinez, Oklahoma (tie) *Michael Lenz*, Wisconsin
5. EJ Morris, Pennsylvania
6. Everett Potter, North Dakota
7. Ron Harris, Texas
10. Alejandro Medin, California

**MARCH, 2011**

1. *Mel Young*, Arizona
2. *Michael Lenz*, Wisconsin
3. Bobbie Bruce, Louisiana (tie) Gerald Schleif, Minnesota
5. Dennis Kluver, Washington
7. Rebecca Reverie, Pennsylvania
8. Gina Siu-Oerelius, California

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* Also a Top Ten Enroller of Business Builders last month
Ask Christian

As we talk about the fact that bone marrow stem cells constitute the natural renewal system of the body, questions like this one are very interesting. Quite frankly, an answer to this question could apply to a similar question about every tissue in the body.

We know that bone marrow stem cells can become cells of various tissues, but can stem cells from the bone marrow naturally — on their own — leave the bone marrow, migrate into tissues and become functional cells of such tissues? To answer this question, the case of the pancreas is actually very pertinent, because we have scientific data that is very clear and unequivocal.

One study published a few years ago answered the question above both directly and beautifully. In that study, scientists bioengineered male mice by coupling the gene for Green Fluorescent Protein (GFP) to the gene for insulin. That meant that anytime a cell from these animals produced insulin, it also produced GFP, which made the cell glow fluorescent green!

Stem cells from these male mice were isolated and then injected into female mice that had been irradiated (a procedure that kills all stem cells). A difference between the male and the female is the presence of the Y chromosome in the male. Identifying this Y chromosome is easy, using a technique called Fluorescence In Situ Hybridization (FISH). In the study here, scientists had female mice whose bone marrow stem cells contained the gene for GFP coupled to the insulin gene and the Y chromosome.

A few weeks after this procedure, the scientists isolated cells in the pancreas of these female mice. On microscope slides illuminated by fluorescent light, cells isolated from the pancreas could be easily identified as having come from the transplanted stem cells, since they contained GFP. The slides also showed that the transplanted cells had produced insulin. To verify actual insulin production, an antibody to insulin (tagged with a red dye) was used. And to verify that the cells in question had indeed come from the transplanted stem cells, FISH was employed to identify the presence of the Y chromosome.

The conclusion of the study is clear: Stem cells from the bone marrow can naturally — on their own — leave the bone marrow and migrate to the pancreas, where they can become normal, insulin-producing pancreatic cells, supporting the natural process of renewal in the pancreas.

**Marathon of Health**

Dr. Ed Chicoine and his family are running across Canada and the United States, all to promote good health. They will be “powered by Stemtech.” Learn how you can be part of the adventure at [www.marathonofhealth.com](http://www.marathonofhealth.com).
What are your favorites?

Stemtech Marketing Tools

At the Spring Director Leadership Conference, a panel of Field Leaders talked about their favorite Stemtech tools. Here is a little of what they had to say:

**Shari Bigalk**  
*Double Diamond*  
*Washington*

“For me, the Stemtech website and the webinars are the best tools. I can send someone to the website, and they can order product, sign up, read studies or watch videos. I don’t have to carry around a lot of materials, and I don’t have to be an expert in the science. Everything is on the website!

“The webinars are great, too. One reason is that they are interactive, so people can watch the presentations and read or participate in the chat with other people. A lot of people learn visually, so being able to see slides and images in a webinar is also terrific. And the second reason is that the webinars are recorded. People can go back and watch them again or share them with others.”

**Rebecca & Dan Lovelace**  
*Triple Diamonds*  
*Missouri*

“We were not physically in jeopardy when Stemtech came to us, but we were broke and in debt. The Stemtech opportunity saved us. Since we are in this business to make money, we focus on the business opportunity when prospecting.

“Another wonderful tool is Virtual Enrollment. People anywhere in the world can sign up as pending Distributors for only 25¢! With so many countries ready to open for Stemtech this year and next, anyone who wants to build globally just has to use Virtual Enrollment!”

**Mark Parsekian**  
*Triple Diamond*  
*Massachusetts*

“When I started with Stemtech in 2005, the only ‘tools’ we had were our own energy and belief. Our conviction that Stemtech was the opportunity for our future made it easy to build and grow fast.

“Nowadays, we have the benefits of many tools — DVDs, brochures, the website and webinars — and I use them all. But I think that we, the Distributors, are still our greatest asset. Sometimes people expect a tool to ‘do it all’ for them; but it is not the tool but the way you use a tool that makes it effective. Your business card and any tool can be effective if you use it along with your enthusiasm about Stemtech!”
## February & March Global Rank Advancements

### STEMGEM TEAM

**Triple Diamonds**
- Hilda M. Macias Escobedo
- G. Petersen-Koenigbauer
- J. Trinidad Carranza Tovar
- Magesvary Kindumony
- Germaid Simon-Bessel
- Dr. Sathiakunasingam

**Double Diamond**
- Adjei Appiah
- Dr. Sathiakunasingam
- Pandyan Ponniah & Uma Magesvarya Kindumony
- Bibiana Tan Yoke Sim

**Diamond Directors**
- Françoise Berthoumieu
- J. Trinidad Carranza Tovar
- Frederick & Amoz Pushparatnam
- *Uju Tettey
- Sapphire Directors
  - Ayite Amavi
  - Richard Barnsley
  - Dr. Rena Bolz
  - Dominique Boulay
- Ana B. De La Torre Naranjo
- Arcelia Diaz Gonzalez
- Gopalakrishnan Govindasamy
- Mahalak Shmi Viswanathan
- Hilda M. Macias Escobedo
- G. Petersen-Koenigbauer
- Germaid Simon-Bessel
- Joseph Michael
- Santhanasamy
- Patricio Teran Herrera
- *Uju Tettey
- Zhe Wang

### New Executive Directors

- Ma. Carmen D. Acevedo **PH**
- Diego Aguirre Hernandez
- Grupo Del Centro **MX**
- Donna Dumond **CA**
- *Maria L. Gutierrez Barrera **MX**
- Haziq Hamizan **MY**
- Yordanka Kancheva **BG**
- Kelly Kelly **CA**
- Maria del Rosario Mateos Guerrero **MX**
- Ferose Magturto Moleta **PH**
- Catherine W P Nguang **AU**
- Shannugavadivu K. Raman **MY**
- *Said Abu Hassan Bin Said Abul Fasal **MY**
- Roumiana Stefanova
- Allegro Com Ltd. **BG**
- Jean Thawe **US**
- Shawn Tripet **US**

### New Senior Directors

- Stanley K. Ahianyo **GH**
- Herlinda L. Aquino **PH**
- Kwadwo Arko Amponsah **GH**
- Irma Bañuelos De Luna & Cinthia R. Estrada Bañuelos **MX**
- Hamizan Bin Mohd Derus **MY**
- Daeng Hamizah Binti Abd Aziz **MY**
- Norsatneem Binti Ghazali **MY**
- Izlene Binti Izzaeddin & Hazmi Bin Hanizan **MY**
- Malcolm Brodie & Colin Abrahamson Brodproductions **AU**
- Bertha & Chris Bothma **ZA**
- Aurora Campos Miramontes **MX**
- Erandy Carranza Garcia **MX**
- Josephine Cobb **US**
- Deepa Gopalakrishnan **MY**
- *Maria L. Gutierrez Barrera **MX**
- Maria V. Hernandez Rosales & Raymundo Castillo Garcia **MX**
- Charanjit Kaur Hari Singh **MY**
- Miladen Ilkov
- Living Sel OOD **BG**
- Candido Isidoro Hernandez **MX**
- JoMary Lease **US**
- Mah Kam Leng **MY**
- Ramakrishnan Kandasamy **MY**
- Chai Jook Kew & Long Wai Leng **MY**
- Kimberly Lai Kim Siew **MY**
- Lim Kin Choo **MY**
- Seth Koranteng **GH**
- Heather Liddall **AU**
- Marcia P. Martell Rodriguez Martellspa **MX**
- Degaaul Joseph Michael & Dimitri Reuel Joseph **MY**
- *Darlene Mounkes **CA**
- Fabienne Morana **FR**
- Voon Min Onn **MY**

### New Senior Directors

- Hua Ing Nguang **AU**
- Tan Poh Wah **MY**
- Ana Violeta Quintero Macias & Diana S. Morán Quintero **MX**
- Laura E. Randolph Rodriguez **MX**
- Hat Raphael **GH**
- Rebecca Reverie **US**
- Eduardo Rivas Silva **US**
- *Said Abu Hassan Bin Said Abul Fasal **MY**
- Isaac Sawai Boateng **GH**
- Jean-Marie Schneider **FR**
- Chiam Sew Yang **MY**
- Leong Soo Cheng **MY**
- Stancho Stanchev **BG**
- Tettey Chigozie Tettey **GB**
- Esperanza Veloza **MX**
- Juana Villalobos Escobar **MX**
- Radzhia Zaki **MY**

### U.S. & Canada Directors

- Leah Ahrens
- Nature’s Helping Hand **US**
- John & Lis Allen **US**
- Kate Amotnyot **US**
- Rebecca Bodenstab **US**
- Emma Chapman **US**
- David Constante Paredes **US**
- Gene Cozart **US**
- John H. & Carolyn Dahbour **US**
- Renée DeLisle **CA**
- Denise Garnick **CA**
- Brad Kahler **US**
- *Darlene Mounkes **CA**
- Darrell Olson **US**
- Julia Tang **US**
- Audrey Toop **CA**
- Annie Xiang **US**
- Nitin Vaity **US**
- Carmen Velez **US**
- Juan Min Zhang **CA**

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* TWO Rank Advancements within 60 days!
StemFlo’s New Improved Formula

StemFlo’s great new formula now adds black currant and Indian gooseberry, as well as lemon extract. Introduced in 2008, StemFlo is Stemtech’s unique antioxidant that supports optimal blood flow throughout your body. Its patented formula is rooted in an all-natural blend of nutrients and botanicals, enhanced with vitamins and enzymes.

Within 30 minutes after consumption, StemFlo has been shown to improve blood circulation into capillaries as it also substantially reduces the blood markers associated with the production of fibrin, the cause of oxidative stress. As Stemtech Distributors know well, StemFlo both reduces existing fibrin in the blood and prevents the formation of new fibrin.

Now StemFlo’s improved formula makes our original cutting-edge product even better!

Let’s look at StemFlo’s main new ingredients:

- **Black currant**: Native to northern Europe and Asia, black currant has been shown in studies to support stem cell function with its very high antioxidant content and vitamin C.
- **Indian gooseberry**: As health-conscious natives of India have known for generations, Indian gooseberry is the most naturally concentrated source of vitamin C, an essential nutrient for optimal health.

“What is novel in the StemFlo formula,” Christian Drapeau points out, “is our blend of powerful antioxidant and fibrinolytic [fibrin breakdown] properties that support optimal blood flow in the capillaries, thereby optimizing stem cell delivery to every tissue of the body.” He notes that many products in the marketplace are designed to increase fibrinolytic activity in the blood and provide strong antioxidant properties. “Our mission with StemFlo was to search worldwide for the highest quality ingredients available and to combine them in the very best nutritional supplement and antioxidant available anywhere. And that is just what we did.”

There is no doubt that StemFlo is an important part of your daily stem cell nutrition regimen. Coupled with Stemtech’s signature product, StemEnhance®, StemFlo gives your body what it needs everyday to support the release and migration of stem cells throughout your body. With every StemFlo capsule, you are making it just a little easier for your body to achieve optimal health as you support the work of adult stem cells, your body’s natural system for renewal.

**U.S. BONUS QUALIFIERS**

**February**
- New Director Pacesetter: Lourdes Ortiz Vidal $532.15
- Enroller (50% share): Carmen R. Ortiz $266.07

**March**
- FastStart Turbo Share: $152.36
  - Bobbie Bruce
  - Michael Lenz
  - Rebecca Reverie
  - Gerald Schleif
  - Mel Young (TWO!)

**CONGRATULATIONS!**
Inflammation: The Good and the Bad

Inflammation is important for many functions in the body. For instance, “good” inflammation is an important part of the body’s response to an injury and fighting infection. But when inflammation stays around longer than it needs to — after an infection or injury has passed — it can spell big trouble for your health. This is “bad” inflammation.

Scientists and medical researchers from many different fields are coming together to reveal that inflammation left unchecked, as well as chronic or persistent inflammation, is probably a key underlying factor in many chronic ailments people are living with today.

Chronic inflammation is also a reason for the oxidation of our cells. Cell oxidation leads to damaged cells, which can be located almost anywhere in the body.

What is it in our lives that contributes to inflammation that becomes chronic? One main contributor is the amount of extra fat we carry around with us! Fat cells release the type of cytokines that increases inflammation. Cytokines are small, regulatory proteins that serve many functions in the body. It stands to reason, therefore, that the more fat we carry around, the more cytokines our body releases. The result? More inflammation!

So what can you do about the “bad” inflammation — the kind that is chronic or persistent? First, it is important that you get a good night’s sleep (seven hours-plus) and that you decrease your stress. The old idea of “counting to 10,” coupled with taking several long, cleansing breaths, can lessen sudden spikes of stress. But it is important to identify the root causes of your stress and lessen their impact on your body. Sleeping well and lessening stress are very effective ways to help decrease chronic or persistent inflammation.

Eating a diet that includes at least one meal of fish weekly is another great way to help decrease “bad” inflammation. In addition, taking an antioxidant supplement, especially one with Curcumin or turmeric (like StemFlo®), helps to deal with inflammation your body does not need. Your diet should also include supplements like Fucoidan, which are not only antioxidants but also support the body’s ability to keep inflammation at a healthy level. You will be happy to know that this important supplement is part of the ST-5 with MigraStem™ that you are taking everyday!

Ray’s Message

Continued from page 2

Dr. Donna Antarr, VP/Training & Product Development

May 8th marked the start of the incredibly ambitious Marathon of Health in Canada. Quebec Executive Director Dr. Ed Chicoine and his whole family will be running across Canada, then across the U.S., before heading back to Canada. Everywhere they go, the eight Chicoines will wear “Powered by Stemtech” attire, the slogan that will also be on the RV that will accompany them. Along the way, Ed and his family will be available to make presentations; and the family invites you and others to run with them when they come to your area. Follow the family’s progress on their website, www.marathonofhealth.com. You can also contact the family through their website to arrange for them to make a presentation during a stopover in your area.

Join with me in supporting the Chicoines’ monumental endeavor, as they attempt a feat never before achieved in the history of running. What an opportunity the Marathon of Health provides for the Chicoines and Stemtech Distributors to highlight Stemtech all across North America!
A PRODUCT LINE LIKE NO OTHER...

StemEnhance®, StemFlo® and StemSport™ provide active support for the work of adult stem cells in the body, as more stem cells are released to circulate and migrate into tissues. ST-5 with MigraStem™ provides additional nutrition for all cells in the human body. And StemPets® and StemEquine® offer the benefits of specially-formulated StemEnhance for our animal friends.

### Total Life Enhancement

### TOP TEN STATES & TERRITORIES

#### Sales Volume

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#### Enrollments

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Previous month’s ranking noted in parentheses.